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# TERMS FOR UNDERSTANDING GENDER AND SEXUALITY

## GENDER & SEX

### BASIC TERMS

<b><u>Gender</u></b> <i>(n.)</i>	Where a person feels that they fall in relation to gender spectrum(s). Also called <b>gender identity</b>
<b><u>Gender Expression</u></b> <i>(n.)</i>	A person's expression of gender identity through appearance, dress, behavior, mannerisms, or other traits. Also called <b>gender presentation</b> .
<b><u>Sex</u></b> <i>(n.)</i>	A person's identified or perceived biological traits as they relate to that person's reproductive system, secondary sex characteristics, or genetic composition including physical anatomy, chromosomal sex, or sex assigned at birth.
<b><u>Binary</u></b> <i>(n.)</i>	A system composed of only two parts.
<b><u>Binary</u></b> <i>(adj.)</i>	Having only two parts.
<b><u>Nonbinary</u></b> <i>(adj.)</i>	Having more than two parts;
<b><u>Gender binary</u></b> <i>(n.)</i>	The socially constructed, binary system of gender wherein all gender is either male or female.
<b><u>Gender nonbinary</u></b> <i>(adj.)</i>	An umbrella term for genders that fall between or beyond the gender binary and are neither strictly male or female. This can be used as a gender identification without further explanation. May also be called <b>genderqueer</b> or <b>gender-non-conforming (GNC)</b> .

### SEX EXPANDED

<b><u>Intersex</u></b> <i>(adj.)</i> -	relating to a person whose reproductive system, secondary sex characteristics, physical anatomy, or chromosomal sex is not well-defined within the boundaries of male or female.
<b><u>Dyadic</u></b> <i>(adj.)</i> -	relating to a person whose reproductive system, secondary sex characteristics, physical anatomy, or chromosomal sex is defined within the boundaries of male or female.

## RELATING TO BINARY GENDER IDENTITIES

- Cisgender** (*adj.*) denoting or relating to a person whose sense of personal identity and gender corresponds with their birth sex.
- FtM** (*adj.*) Female-to-Male Denoting a person who was **assigned as a female at birth** and identifies as male.
- FtX** (*adj.*) Female-to-eXpansive. Denoting a person **assigned as a female at birth** and identifies as nonbinary.
- MtF** (*adj.*) Male-to-Female. Denoting a person who was **assigned as a male at birth** and identifies as female.
- MtX** (*adj.*) Male-to-eXpansive. Denoting a person **assigned as a male at birth** and identifies as nonbinary.
- Transgender** (*adj.*) denoting or relating to a person whose sense of personal identity and gender corresponds with their birth sex. May be used as an umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth.
- Transsexual** (*adj.*) denoting or relating to a person who has permanently changed - or seeks to change - their body through medical interventions, including but not limited to hormones and/or surgeries. An older term that originated in the medical and psychological communities and is often replaced by the term **transgender** to remove focus from anatomy to identity. Unlike transgender, transsexual is not an umbrella term.
- Trans** (*adj.*) May be used as an umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth. Also written **trans\***.

## RELATING EXPANSIVE GENDER IDENTITIES

- Agender** (*adj.*) Not identifying with any gender. Sometimes referred to as **genderless, gendervoid, or neutrois**.
- Androgynous** Having elements of both femininity and masculinity. An androgynous individual, whether expressed through sex, gender identity, gender expression, or sexual orientation, may be known as an **androgyne**.
- Aporagender** (*adj.*) relating to a person with a strong gender identification of themselves that is non-binary

<b><u>Bigender</u></b> ( <i>adj.</i> )	Identifying as two genders, commonly (but not exclusively) male and female. Bigender people experience exactly two gender identities, either simultaneously or varying between the two.
<b><u>Demigender-</u></b> ( <i>adj.</i> )	relating to a person who feels a partial, but not a full, connection to a particular gender identity or just to the concept of gender.
<b><u>Gender Apathetic</u></b>	When you really do not identify nor care about any particular gender. You are fine passing off as whatever and you really do not have an opinion towards your own gender.
<b><u>Gender</u></b> <b><u>Expansive</u></b> ( <i>adj.</i> )	An umbrella term sometimes used to describe people that expand notions of gender expression and identity beyond what is perceived as the expected gender norms for their society or context.
<b><u>Genderfluid</u></b> ( <i>adj.</i> )	Moving between genders or having a fluctuating gender identity.
<b><u>Greygender</u></b> ( <i>adj.</i> )	relating to a person who has a strong natural ambivalence to gender.
<b><u>Intergender</u></b> ( <i>adj.</i> )	Having a gender that is somewhere between male and female.
<b><u>Maverique</u></b> ( <i>n.</i> )	A non-binary gender that exists outside of the orthodox social bounds of gender
<b><u>Novigender</u></b> ( <i>adj.</i> )	relating to a person whose experience with gender cannot be defined by words.
<b><u>Polygender</u></b> ( <i>adj.</i> )	Experiencing multiple genders at once either at once or moving between genders. May also be called <b>multigender</b> .
<b><u>Two Spirit</u></b> ( <i>adj.</i> )	Having a culturally distinct gender that fulfils one of many mixed gender roles found traditionally among many Native Americans and Canadian First Nations indigenous groups. A direct translation of the Ojibwe term, Niizh manidoowag, "two-spirited" or "two-spirit" is usually used to indicate a person whose body simultaneously houses a masculine spirit and a feminine spirit.

## CULTURE AND EXPERIENCE

Term noted in **red** are those that have long been part of the community's vocabulary but have begun to fall out of favor for words and phrases that better reflect reality and experience.

<b><u>AFAB</u></b> ( <i>adj.</i> )	Assigned Female At Birth. <b>Replaces the invalidating phrases "born female," "born a girl," "female-bodied" and simliar.</b>
<b><u>AMAB</u></b> ( <i>adj.</i> )	Assigned Male At Birth. <b>Replaces the invalidating phrases "born male," "born a boy," "male-bodied" and simliar.</b>

<b><u>Butch</u></b> ( <i>adj.</i> )	A term used to describe someone who's gender expression is more masculine than feminine. Also called <b>masc.</b>
<b><u>Cross-dress</u></b> ( <i>v.</i> )	to wear the clothing typically associated with a sex or gender other than one's own. This activity is a form of gender expression and not done for entertainment purposes. Many people who cross dress do not wish to permanently change their sex. <b>Replaces the term "transvestite" or "transvestitism"</b>
<b><u>Binarism</u></b>	the practices of putting restricting gender to two categories (male and female) and refusing to acknowledge genders outside of male and female.
<b><u>Drag</u></b> ( <i>n.</i> )	the act of adopting a persona with a sex or gender other than one's own for the purposes of entertainment. Originating from the concept of Dressed-As-A-Girl, performers with male personas may choose to use the term <b>drab</b> or Dressed-As-A-Boy.
<b><u>Femme (Fem)</u></b> ( <i>adj.</i> )	A term used to describe someone who's gender expression is more feminine than masculine. Also <b>fem.</b>
<b><u>Gender Confirmation Surgery</u></b> ( <i>n.</i> )	Refers to doctor-supervised surgical interventions intended to alter a person's anatomy to better align with their gender. Also Gender Affirmation Surgery <b>Replaces the invalidating phrases "sex reassignment surgery," "sex change operation," "genital reconstruction surgery," and similar.</b>
<b><u>Gender Dysphoria</u></b>	Distress experienced because of the difference between one's sex and gender. <b>Replaces the invalidating phrase "gender identity disorder."</b>
<b><u>Social Dysphoria</u></b> ( <i>n.</i> )	Distress experienced when acting in ways socially different than your gender or being addressed in ways different to your gender
<b><u>Body Dysphoria</u></b> ( <i>n.</i> )	Distress experienced because of the difference between gender and your sex, role, or gender expression
<b><u>Gender roles</u></b> ( <i>n.</i> )	Certain behaviors and activities expected/considered acceptable of people in a particular society based upon their designated gender. Gender roles and stereotypes can be harmful to all people as they perpetuate false narrative of gender.
<b><u>Sex assigned at Birth</u></b> ( <i>n.</i> )	The sex assigned to a person at birth based on perceived biological traits. When associated a gender, called <b>designated gender</b> . <b>The act of assigning gender and sex at birth can approve harmful to many people particularly those who are intersex.</b>
<b><u>Trans</u></b>	denoting a person who was assigned male at birth and as more

<b><u>Feminine</u></b> ( <i>adj.</i> )	feminine than masculine.
<b><u>Trans</u></b>	denoting a person who was assigned female at birth and as more
<b><u>Masculine</u></b> ( <i>adj.</i> )	masculine than feminine.
<b><u>Trans Man</u></b> ( <i>n.</i> )	Someone who is assigned as a female at birth and identifies as a man
<b><u>Trans Woman</u></b> ( <i>n.</i> )	Someone who is assigned as a male at birth and identifies as a woman.
<b><u>Transition</u></b> ( <i>n.</i> )	The process changing one's gender expression to better match their gender identity with or without the use of medical intervention. Replaces the invalidating phrase "sex change."

# SEXUALITY

## **BASIC TERMS**

<b><u>Romantic Orientation</u></b> (n.)	Who you are romantically attracted to meaning wanting to be in a romantic relationship with and is unrelated to sexual attraction.
<b><u>Sexual Orientation</u></b> (n.)	Who you are sexually attracted to meaning who you get turned on by or who you would want to engage in sexual behaviors with.

Orientations may be -sexual or -romantic. -romantic orientations take the prefix of the word and the suffix -romantic, i.e. heteroromantic, panromantic, aromantic. A person's sexual and romantic orientations do not always mirror one another.

## **RELATING TO ASEXUAL ORIENTATIONS**

<b><u>Asexual</u></b> (adj.)	Not experiencing sexual attraction (note that you can also be aromantic and you do not necessarily have to be asexual and aromantic at the same time). Sometimes the term, <b>ace</b> , is used to describe asexual people.
<b><u>Allosexual</u></b> (adj.)	having an attraction at least one gender.
<b><u>Demisexual</u></b> (adj.)	experiencing sexual attraction only after forming a strong emotional or romantic bond
<b><u>Greyasexual</u></b> (adj.)	experiencing attraction rarely, on a very low scale, or only under certain circumstances

## **RELATING TO MONOSEXUAL ORIENTATIONS**

<b><u>Heterosexual</u></b>	having an exclusive attraction to a gender different from one's own.
<b><u>Gay</u></b>	having an exclusive attraction to persons who share one's gender identity and gender expression. Also called <b>homosexual</b> .
<b><u>Lesbian</u></b> (adj.)	having an exclusive attraction to women while also identifying as a woman.
<b><u>Monosexual</u></b> (adj.)	Being attracted to only one gender

## **RELATING TO POLYSEXUAL AND BI+ ORIENTATIONS**

<b><u>Androsexual</u></b> (adj.)	being attracted to masculine gender presentation.
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**Bisexual** (*adj.*) having an attraction to two or more genders. This term is generally used to describe being attracted to men and women, but be used as an umbrella term for attraction to any two or more genders. Also **bi** or **bi+**.

**Pansexual** (*adj.*)- When you are attracted to all genders and/or do not concern gender when you are attracted towards someone

**Polysexual** (*adj.*)- When you are attracted to many genders

**Gynosexual** (*adj.*) Being attracted to feminine gender presentation

**Same Gender Loving** (*adj.*)- having an attraction to a gender the same as one's own whether exclusive or inclusive of attractions to other genders.

**Greyasexual** (*adj.*)- When you only experience attraction rarely, on a very low scale, or only under certain circumstances

**Questioning** (*adj.*) denotes people who are open to experiment with genders that are not only their own, but do not know yet if this is part of their stable sexual orientation. **The term bicurious often does not validate bisexual experience.**

## **CULTURE AND EXPERIENCE**

**Ally** (*n.*) A supporter of the LGBTQIA+ community that does not identify as LGBTQIA+. May also be called **accomplice** when this person advocates for the LGBTQIA+ community at their own person risk.

**Erasure** (*n.*) Ignoring the existence of genders and sexualities in the middle of the spectrum. E.g. bi erasure.

**Cishet** (*adj.*) relating to a person who is both cisgender and heterosexual. **This can have a negative connotation when used as a noun or insult.**

**Heteronormative** (*adj.*) Adhering to the a world view that promotes heterosexuality as the normal or preferred sexual orientation.

**Heterosexism** (*n.*) discrimination or prejudice against those who are not heterosexual based on the assumption that heterosexuality is the normal sexual orientation.

**Monoamorous** (*adj.*) Relating to people who have or desire to have relationships with only one other person at a time. The term, **monogamous**, is also sometimes used.

**Polyamorous** (*adj.*) An umbrella term referring to people who have or are open to have consensually have relationships with multiple people at the same time

**Perioriented** (*adj.*)- having sexual and romantic attractions to the same gender (for example being heteroromantic and heterosexual or being biromantic and bisexual)

**Queer** (*adj.*) A reclaimed slur for anybody in the LGBT+ community or who do not identify as cisgender and/or heterosexual/heteroromantic

**Varioriented** (*adj.*) having sexual and romantic attractions that are not to same set of genders (for example being heteroromantic and bisexual or being homoromantic and pansexual).

## **REFERENCES**

[GLAAD \(2020\) \*GLAAD Media Reference Guide - Transgender\*](#)

[Lexico](#)

[PFLAG \(2020\) \*PFLAG National Glossary of Terms\*](#)

[Pittsburgh City Code Title Six Article V § 651.04 – DEFINITIONS as amended April 2020](#)

[SisTers PGH \(2020\) \*Sexuality and Gender Terms\*](#)

[The Gender Wiki](#)

[The LGBT+ Wiki](#)

[The Nonbinary Wiki](#)